

Safe Sleep Policy

This safe sleep policy outlines Harvey Bears commitment to ensuring the health, safety and wellbeing of all children during sleep and rest periods.

We adhere to statutory requirements of the EYFS 2025 Framework, NHS safe sleep guidance and The Lullaby Trust recommendations.

Our aim is to provide a safe, nurturing and developmentally appropriate sleep environment for every child in our care.

At Harvey Bears we recognise that leadership and management play a critical role in establishing and maintaining a safe sleep culture.

Effective leadership at Harvey Bears, therefore, ensures that the importance of safe sleep is fully understood, staff are well trained and our policies and procedures for safe sleep are consistently followed by all staff and monitored by senior leaders.

Ongoing discussions between staff during handovers ensures all children's sleep needs and any specific requirements are consistently met, this ensures all staff within the setting maintain a high standard of care.

At Harvey Bears individual sleep plans are carefully developed in partnership with parents and carers to reflect each child's unique sleep needs, routines and any relevant medical or cultural considerations.

Sleep routines are tailored to be developmentally appropriate, supporting each child's age and stage of development while promoting emotional regulation and overall wellbeing.

At Harvey Bears we provide tailored care for each child and seek specialist advice for children with Special Educational Needs and Disabilities (SEND) who may require additional support or reasonable adjustments.

To ensure a safe sleep environment at Harvey Bears, staff ensure:

- A member of staff will always be near the sleep area to ensure a rapid response to any changes in a child/babies condition.
- Prior to every child being placed to sleep, visual risk assessment will be conducted to ensure any hazards are removed from the sleep space and to ensure the environment is safe and secure

- Babies are always placed on their backs with their feet at the foot of the cot
- Once a baby is able to roll over, we will allow them to find their most comfortable position
- Only sleep equipment that meets British Safety Standards such as cots are used
- Cots are kept free from hazardous items including pillows, duvets, bumpers, soft toys and loose bedding.
- One lightweight fitted single sheet per child will be used on a firmly fitted cot mattress. Sleep mats will have a single sheet fitted.
- Children over the age of two, who wish to sleep, will be placed on a sleep mat
- Each child is provided with their own clean sheet and cellular blanket that is washed weekly, more if required, and stored in their own named bag. (Extra sheets and cellular blankets are available for the children who do not sleep regularly)
- Babies/Children are appropriately dressed for sleep to avoid overheating. Any bibs, shoes and tight clothing will be removed before placing the child down to sleep
- All spaces around cots and beds are kept clear from hanging objects such as hanging cords, blind cords or drawstring bags
- Babies or children who fall asleep while being comforted by a practitioner are transferred to a safe sleeping surface to complete their rest
- Babies/young children are never left alone with a bottle/feeding cup to self feed
- Where a child has a dummy, check it is not obstructing the babies/young child's breathing, as good practice, we will remove the dummy once the child is asleep. Dummy attachments and clips are not permitted to be used
- Sleep spaces for babies or children are not positioned next to a radiator or next to a window in direct sunlight
- Rooms are well ventilated and light is conducive to sleep

- Babies who fall asleep in a car seat when travelling to the setting are taken out as soon as they arrive at the setting, and placed onto a firm, flat, safe sleeping surface such as a cot mattress or a sleeping mat to complete their rest
- Daily checks on the sleeping equipment and the condition of cots/mattress are conducted by staff, staff will inspect each mattress before use to ensure they are in good condition with no rips, tears or sagging and they fit the cot well with no gaps. Staff will take immediate action to remove and replace any damaged mattresses or equipment which is unsafe to use
- All mattresses have a waterproof cover, which is wiped down after every use
- Room thermometers are placed in sleeping areas and temperatures maintained between 16-20c
- Staff monitor and record the temperature every 30 minutes and check for any signs of overheating
- Staff will carry out visual checks every 5/10 minutes, this is recorded on Family
- During each child's induction process, we ask parents to provide information on their child's sleeping routine with their key person when the child starts at Harvey Bears, these are reviewed and updated at timely intervals.
- We will monitor the sleep pattern of babies under 6 months or any new starter under 2 years old every 5 minutes until we are familiar with the child and their sleeping routines
- Any sleep related incidents are promptly documented and communicated to relevant parties, supporting transparency and continuous improvement
- When out for a walk if a child falls asleep in the buggy we will ensure the correct shade is provided, on arrival back to the setting the baby/child will be transferred to a cot or sleep mat

The Safe Sleep Policy is linked with other policies for the setting include:

- Child Protection/Safeguarding Policy
- Health and Safety Policy
- Infection Control Policy
- Staff Induction Training and Supervision Policy
- Staff Code of Conduct Policy
- Risk Assessment Policy
- Behaviour and Wellbeing Policy
- Parent Partnership Policy
- Equality, Diversity and Inclusion Policy

The safety of babies and young children is paramount

Our policy at Harvey Bears follows the advice provided by The Cot Death Society and The Lullaby Trust, to minimise the risk of sudden infant death.

This is line with the latest government safety guidance:

[Sudden infant death syndrome \(SIDS\) - NHS](#)